

Senior Echoes

Western Montana Area VI Agency on Aging, Inc.

Serving Seniors in Western Montana

110 Main St. Suite 5, Polson, Mt 59860 883-7284 or 1-800-551-3191 - Spring 2016
www.westernmontanaagingservices.org

AREA VI Has New Director

The Area VI Agency on Aging would like to welcome our new director **Tammy Walston**. Tammy has been working with the agency for the last six years as the Aging and Disability Resource Center Program Coordinator, and before that at the Lake County Council on Aging. She has a BA in Psychology and a minor in Nonprofit Administration from the University of Montana. Her previous work in aging services has included a wide variety of experiences including helping to put on the Governor's Conference on Aging, writing several grants for program expansion, and supervising the ADRC in four counties.

She has been attending the Montana Area Agency on Aging Association (M4A) and State Unit On Aging meetings for the last two years in preparation for becoming a director. She is also a co-coordinator with the Lifespan Respite Coalition and a member of the Montana Nonprofit Association.

Tammy has been married for 35 years to her "better half" and has three grown children. When asked what her favorite part of her new position is she said, "We have such dedicated and hardworking staff here at the agency that they inspire me every day. I believe in the programs the agency supports and our mission to help people live independently and with dignity in their own home for as long as possible. I am honored to have this position and will work hard to help the agency fulfill its vision."

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STAFF CHANGES

Samantha Walker is the new Aging and Disability Resource Center Program Coordinator. She has worked for Area VI for 2 years as an information and assistance counselor and certified SHIP counselor (Medicare help). Prior to that she worked 20 years in the medical field assisting clients with financial issues. She has two grown children and lives in Polson with her life partner Steve and Amos, her beloved miniature pinscher.

As I&A Coordinator, Samantha supervises and supports the information and assistance counselors in Lake, Lincoln, Mineral and Sanders counties. This includes the SHIP program which helps people with the ins and outs of Medicare. Area VI has employees and contractors in all four counties to help people find and utilize services and programs available. These people can be reached by calling the Agency office in Polson at 1-800-266-4188 or 883-7284. The following SHIP/I&A counselors outside Polson can also be reached directly as follows:

Lincoln County:

Eureka—Brenda Turnbull—297-2188

Libby—Trina Kerzman—283-1197

Mineral County:

Patti Curtin—369-5766

Sanders County:

Nancy Jo Howarth—847-2767

Linda Prickett is the new Staff Accountant Bookkeeper and is assisting Val Dyksta in our accounting office. Linda has over 25 years experience in the Government Contracting Service industries with an emphasis on IT and Accounting. She has also been a Senior Technical Recruiter for a national staffing company specializing in the recruitment of accountants, engineers, and IT professionals. Linda has her AA in Business and a Certificate in Government Contract Management. She lives in Polson with her husband, pampered toy Pomeranian dog, and a spoiled cat.

Our newsletter is available on-line. If you would like to receive it via e-mail call Jane at 883-7284, 800-266-4188 or e-mail: shipline1@area6aging.org

Western Montana Area VI Agency on Aging, Inc.

Foster Grandparent Program

Micky Snyder, Director
110 Main Street, Suite 5
Polson, Mt 59860
1-800-266-4188 or 406-883-7284
Fax 406-883-7363
fgpdirector@area6aging.org



**By Sharing TODAY...
You'll be Shaping Tomorrow!**

There is nothing more rewarding than seeing the joy on a child's face and knowing that YOU made that difference by spending that extra one-on-one time that maybe would not have been possible without you being there.

This program is designed to provide folks who are 55yrs and older the opportunity to volunteer at zero cost to help and impact our children's futures. We do that by reimbursing you for travel to and from the placement and a modest stipend. This equals approximately \$200 extra per month of FREE money in your pocket! Yes FREE, tax free, cannot be used as countable income for ANY income qualifying programs & does not need to be reported at tax time or for low income housing!

The Foster Grandparent Program has been involved with helping the children of our country and communities for over 50 years and right here in Montana for over 16 years.

**Join us NOW
and start making a difference in a child's life!!**

SENIOR MEDICARE PATROL

Know Your Provider's Medicare Status

There are many different health providers to choose from, and how much Medicare will pay depends on their status with Medicare. It's important to know the difference, and to ask your provider about their status before receiving services, rather than be unpleasantly surprised by how much of the bill you are responsible for.

Participating providers always take Medicare "assignment." **This means they accept the Medicare amount as payment in full.**

For most covered services, you or your supplemental insurance will be responsible for 20 percent of this amount—the coinsurance—and Medicare will pick up 80 percent. Beneficiaries who have Original Medicare should always ask if their doctor takes assignment.

Non-Participating providers, or doctors who don't routinely take assignment, can bill their Medicare patients up to 15 percent more than the Medicare-approved amount for most services and can request full payment up-front for services. **Medicare will not pay any portion of the additional 15%.** The doctor is still required to file a Medicare claim on behalf of the beneficiary, and then Medicare pays its share of the bill directly to the beneficiary. Medicare cannot pay its share of the bill until a Medicare claim is filed. Beneficiaries may submit their own claim to Medicare in some circumstances.

Providers who have "opted out" of Medicare can charge beneficiaries whatever they want. These providers cannot submit any claims to Medicare. They are required by law to tell beneficiaries this up front and ask them to sign a written agreement – the Advance Beneficiary Notice or 'ABN'. **When you see a doctor who has opted out of Medicare, you pay the entire cost of care (except in emergencies).**

Medicare Advantage Plans (like HMOs and PPOs) have their own costs for in-network or out-of-network providers. Call your plan to find out what you pay for a particular provider.



Call us for help or to report fraud
883-7284 or
1-800-266-4188

Montana SMP is a program coordinated by Missoula Aging Services and partnered with local Area Agencies on Aging. This publication was supported, in part, by a grant from the Administration for Community Living, Administration on Aging. Points expressed herein do not necessarily reflect official AoA policy.

Upcoming Classes

Powerful Tools for Caregivers is a six session, 90-minutes weekly series of classes designed to help caregivers with the many physical, social, and emotional challenges they face. It is well known that very often caregivers become ill or even die before the person they are caring for, simply because they ignore their own needs.

Classes are planned in Hot Springs on Tuesdays, April 12– May 17. They will be held at the Town County Library meeting room. 1:30-3:00. The regular fee is \$50, however we can charge on a sliding scale based on income. There is also funding available to reimburse those who want to pay for respite care for their loved one so they can attend the classes. Please call Jane at 883-7284 or 1-800-266-4188 for more information or to register.

Medicare Basics is a one-day, three hour class to help those near to starting Medicare learn about the parts and options of Medicare. There are decisions to be made and late penalties to be avoided. This class is for anyone who wants to understand their Medicare better.

Classes are planned for :

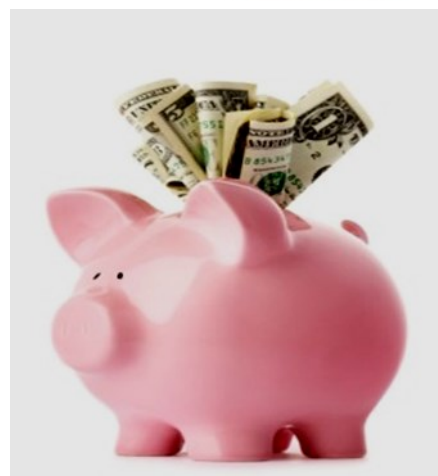
- ♦ **Polson:** Wed. April 27, 1-4 PM at the Lake Co. Health Dept. conference room
 - ♦ **Plains:** Thursday May 5, 1-4 PM at Clark Fork Valley Hospital building #2
 - ♦ **Superior:** Wednesday May 11, 1-4 PM at the Mineral Co. commissioner's room
- Please call Jane at 883-7284 or 1-800-266-4188 for information or to sign up. The fee for this class is \$30.



Do you have Medicare?

Are you missing out on Benefits you deserve?

We provide free screening and help with completing applications for benefits.



Western Montana Area VI Agency on Aging
Benefits Enrollment Center
Call 406-883-7284
1-800-266-4188

RSVP Volunteer Center

Volunteers
The piece that completes a community



The Retired and Senior Volunteer Program (RSVP) is one of the largest volunteer networks in the nation for people 55 and over, who serve in a diverse range of activities that meet specific local and community needs. RSVP was created from the central belief that older adult volunteers are valuable resources whose talent, wisdom and experience can be utilized to create safer, healthier and stronger communities.

The Western Montana Area VI Agency on Aging RSVP has selected Healthy Futures as a primary focus area. Nearly half of U.S. adults don't get needed preventive health services, too many of our nation's children and youth have unhealthy eating habits and don't get enough exercise, and many adults over 65 need physical assistance to live independently in their homes during their golden years. The Healthy Futures Focus Area addresses these needs.

Our RSVP Volunteer Center has developed work plans in the following three areas.

1. Primary Focus Area: Healthy Futures
2. Other Focus Areas: Education, Economic Opportunity, Disaster Services, Veterans and Military Families, Environmental Stewardship
3. Other Non-Profit Support

We encourage volunteers as well as public agencies, secular or faith-based private non-profit organizations, or proprietary health care organizations who need volunteers to contact the RSVP Volunteer Coordinator in their county:

- Ravalli County: Janelle Corn - 406 -363-1102
- Lake County and Flathead Indian Reservation: Sherlee Santorno - 406 -883-7284
- Mineral and Sanders Counties: Mary Jo Berry - 406 -822-2213
- Lincoln County: Terry Peck - 406 -291-4490



MAKE A DIFFERENCE IN YOUR COMMUNITY
CALL LAKE 883-7284 LINCOLN 291-4490
MINERAL 822-2213 RAVALLI 363-1102 SANDERS 822-2213

VISIT OUR WEBSITE WWW.RSVPMontana.org

LONG TERM CARE OMBUDSMAN NEWS

Recently placed a loved one in a long-term care facility? Here's what you need to know...

Does my loved one have individual rights as a nursing home resident?

Yes. The 1987 Nursing Home Law and Montana law, guarantees nursing home residents basic rights including, but not limited to, the right to dignity, respect, and freedom, the right to privacy and confidentiality, and the right to make independent choices.

When can I visit my loved one?

Family members have the legal right to visit their loved one at any time. Though the facility may post "visiting hours," they cannot prevent a family member from visiting unless the resident states otherwise. Visiting your loved one often during the first few weeks of their stay can help ease the transitional stress of moving into a long-term care facility for both you and your loved one.

What can I expect from the facility in the first few weeks of my loved one's stay?

The resident must have a comprehensive assessment within 14 days of admission. The goal of the assessment is to evaluate your loved one's physical and mental condition including their ability to perform activities of daily living (ADLs) such as eating, walking, dressing, and bathing. Their personal preferences and habits should also be discussed. Within 7 days of the initial assessment, the facility must hold a care plan conference. At this conference, an individualized care plan is developed for the resident by an interdisciplinary team. It is very important that the resident and family member actively participate in the initial assessment and the care plan conference to ensure that all of the resident's needs are adequately addressed. The care plan specifically outlines how individual staff will assist the resident on a daily basis to ensure that they maintain the highest physical, mental, and social functioning possible. Every 90 days after the initial plan is developed, or whenever there is a significant change in the resident's condition, another care plan conference is held to determine what changes need to be made to the care plan.

Who do I contact if I have concerns about my loved one?

It is often best to try and resolve the problem within the facility before turning to outside sources. First, always document any concern that arises including the date, time, names and positions of those involved, and the specifics of the problem. It is highly recommended that family members maintain a small notebook as an easily accessible, written record of concerns. Following are specific strategies for resolving issues within the facility: (1) Voice your concern directly to those involved. (2) Respectfully raise your concerns with staff supervisors. (3) Follow the facility's grievance process. Every facility is required by law to provide an official grievance/complaint process which includes a timely response by the facility to resident's and/or family member's concerns.

Resources outside the facility include: the state long term care ombudsman (SLTCO) or the local long term care ombudsman (LLTCO) located in your local Agency on Aging. Lake, Sanders, Mineral and Lincoln County Ombudsman can be reached by calling 1-800-266-4188 or 883-7284.

As the new ombudsman in training for Lake County, **RoseAnne Detterer** will be on the "Oh my, so much to learn!" journey under Vanessa Fitchett. With a B.A. in Christian Education, she has worked with many age groups, from preschool to senior citizens in various capacities, including education and advocacy. She has been in Polson over ten years and has always considered living in the Rocky Mountains as home -- whatever else the postal address read. She enjoys time with her two grown children, visiting National Parks, and finding those old, undiscovered, second hand "treasures".

LAKE COUNTY RESOURCES

Western MT Area VI Agency on Aging, Inc. Tammy Walston, Director
110 Main St. Suite #5, Polson, MT 59860 - - 800-266-4188 or 406-883-7284

AGING AND DISABILITY RESOURCE CENTER / INFORMATION AND ASSISTANCE

Including Medicare assistance and long term care Options Counseling

Samantha Walker, program Coordinator

883-7284 or 800-551-3191

LONG TERM CARE OMBUDSMAN

Jerry Sorensen State Ombudsman, Box 4210, Helena

800-332-2272

Vanessa Fitchett-Regional Ombudsman, Polson

741-5400 or 800-551-3191

RoseAnne Detterer-Lake County Ombudsman, Polson

883-7284 or 800-551-3191

CAREGIVER SUPPORT GROUPS

Cancer Support Group, Tammy Walston - Facilitator, Polson

2nd and 4th Monday at noon at Polson Methodist Church

883-7284 or 800-266-4188

Caregiver Support Group - facilitator Arlene Kintz

2nd Wednesday every month, 1:30 pm at Presbyterian Church, Polson

270-1212

CASE MANAGEMENT—Medicaid Waiver

Spectrum Medical, Inc. 145 Southlake Crest, Suite 3, Polson

883-0246

Spectrum Medical, Inc. 1825 Highway 93 S, Suite F, Kalispell

752-0580

COUNCIL ON AGING

Lake Co. Council on Aging, 528 Main St. SW, Ronan, Joanne Shaw-Director

676-2367

HOMEMAKER & PERSONAL CARE SERVICES

Cheerful Heart, PO Box 688, Polson (for cancer patients)

1-866-538-3070 or 883-3070

Lake Co. Council on Aging, 528 Main St. SW, Ronan, Joanne Shaw- Director

(Homemaker, Transportation, Home Chore, Limited Legal Information)

676-2367

Home Caregivers, PO Box 747, Polson

883-3590

A Plus Health Care, 1310 Main, Kalispell

755-4968

Addus, 108 E 4th St., Suite 103, Kalispell

257-1101

Comfort Keepers, Polson & Kalispell

883-4031 or 755-4030

Personal Touch Home Care, Kalispell

1-800-344-5979 or 758-5422

LAKE CO. SENIOR CITIZEN CENTERS

Arlee Sr. Center-34532 Wessinger, Arlee

726-3213

Charlo Sr. Center-56686 Hwy 212, Charlo

644-2531

Polson Sr. Center-504 3rd Ave E, Polson

883-4735

Mission Valley Sr. Center-528 Main St., Ronan

676-2371

St. Ignatius Sr. Center-212 N. Main St., St. Ignatius

745-4462

HOME HEALTH

Lake County Home Options, 711 Main St. SW, Ronan

676-7300

Partners in Home Care, Polson

1-888-729-8848

A Plus Health Care, 1310 Main, Kalispell

755-4968

Addus, 264 N. Main Suite 203 Kalispell, serving Polson and Libby

257-1101

Home Caregivers, 1310 Main St., Polson

883-3590

Frontier Home Health and Hospice, Kalispell

755-4923

LICENSED NURSING HOMES/ASSISTED LIVING

Polson Health & Rehab., 9 14th Ave, Polson

883-4378

St. Luke's Nursing Home, 107 6th Ave. SW, Ronan

676-2900

The Retreat, 1303 Rivendell Ct. Polson	883-4897
Mountain View Care Center, 829 Main SW, Ronan	676-5510
Closer to Home, 61262 Watson Road, St Ignatius	745-0272
The Pines, 405 6 th Ave W., Polson,	883-1021
The Pines of Mission, 320 Mission Dr., St. Ignatius,	745-1021
St. Joseph Assisted Living, 11- 17 th Ave. E., Polson	883-1011

MENTAL HEALTH/SUBSTANCE ABUSE

Alcoholic's Anonymous, #8 3rd Ave W, Polson	883-6664
Western MT Addiction Services, 802 Main Street, Suite C, Polson,	883-7310
Sunburst Mental Health Services, 203 Main St , Polson	883-4061
Tribal Health & Human Service., 402 Mission Dr, St. Ignatius	745-4363
Western Montana Mental Health Center, 8 – 2 nd Ave. SW, Ronan	532-9170
1105 1st St. E, Polson	883-3556

NUTRITIONAL MEAL LOCATIONS (congregate meals/home delivered meals)

Arlee Sr. Center-34532 Wessinger - Mon, Wed, Fri 12:00, (2 nd & 4 th Sat 6:00 pm)	726-3213
Charlo Sr. Center-56686 Hwy 212 - Tues, Thurs 12:00 (1 st , 3 rd , 5 th Wed noon)	644-2531
Polson Sr. Center-504 3 rd Ave E, - Mon thru Fri, 11:45	883-4735
Mission Valley Sr. Center-528 Main St.,SW , Ronan, Mon, Wed, Fri, 12:00, 2nd Thur 5pm	676-2371
St. Ignatius Sr. Center-212 N. Main St., - Tues, Fri, 12:00 (1 st and 3rd Wed 5:30 pm)	745-4462

TRIBAL NUTRITIONAL MEAL LOCATIONS

Arlee-Arlee Salish Addition, - Tues & Thurs, 12:00	726-3221
Elmo-New Community Center, - Mon, Wed & Fri, 12:00	849-5022
Polson-701 1 st St. E, - Wed & Fri, 12:00	883-6877
Ronan-East corner Terrace Lake Rd. & Hwy 93, - Tues & Thurs, 12:00	676-5495
St. Ignatius-St. Ignatius Salish Addition, - Mon & Wed, 12:00	745-4240
Hot Springs—Tues. & Thurs.	741-3265 or 741-3266

ADULT DAY CARE

St Luke's Nursing Home, 107 6th Ave W, Ronan (Adult Day Care)	676-2900
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PUBLIC HEALTH SERVICES

Donated Dental Services	1-800-449-9670
Lake Co. Public Health, 802 Main, Polson, Emily Colomeda- Admin.	883-7288
Partnership Health Center, Missoula (also has dental clinic)	406-258-4789
Tribal Health Dept., Mission Dr, St. Ignatius	745-3525
5 Fourth Ave. E, Polson	883-5541

RESPITE CARE

Lake County Council on Aging, Ronan, (Respite service at your residence)	676-2367
Comfort Keepers, Polson	883-4031
Home Caregivers, Polson	883-3590

SENIOR CITIZEN & COMMUNITY SUBSIDIZED HOUSING

Boettcher Terrace Apartments, Polson (call Ronan Housing Authority)	676-5900
Cherry Hill Village, 700 Cherry Hill Court, Polson	883-3978
More next page	

Lakeview Village Apartment Community , 50236 Hwy 93, Polson	883-2222
Lake Co. Community Housing (also Maxwell Apts in Ronan and St. Ignatius)	676-5901
Sunny Slope Vista Apartments, 820 11th Street East, Polson	883-0950
Edgewater Apartments, 312 11th Ave. West, Polson	261-9679

HOSPICE SERVICES

Frontier Home Health and Hospice, Kalispell	755-4923
Lake County Home Options, 711 Main St. SW, Ronan	676-7300
Partners in Home Care, Grandview Clinic, Polson	1-888-729-8848 or 728-8848
St. Luke Extended Care, Ronan	676-2900

SENIOR FOOD DISTRIBUTION (Food Pantries)

Bread Basket, 10 6 th Ave SW, Ronan (Tues & Fri 10-2)	676-4357
Commodity Supplemental Food Program-Lake County Council on Aging	676-2367
Polson Loaves & Fish Pantry, 904 1st St E (Tues & Fri 10-2 & Sat 9 - 12)	883-6864
Mission Valley Food Pantry, 203 Blaine, St. Ignatius (Tues & F 10-2)	745-5484
Tribal Commodities Office, 410 Mountain View Dr, St. Ignatius (M-F 8-3:30)	745-4115

SOCIAL AND HUMAN SERVICES

AARP	1-800-434-3410
Adult Protective Services, 830 ½ Shoreline Drive, Polson	883-7841
Alcoholics Anonymous, #8 3rd Ave W, Polson	883-6664
Alzheimer's (National) Information & Referral	800-272-3900
Alzheimer's Support Group-facilitator Arlene	270-1212
American Cancer Society	800-422-6237
Brain Injury Alliance of Mt.	1-800-241-6442
Cheerful Heart Inc., Polson – non-medical volunteer help for cancer patients	883-3070
Citizen's Advocate in Helena	800-332-2272
Compulsive Gamblers Hot-Line	800-522-4700
Community Action Partnership of NW Mt, (Fuel Assistance) Lynda Craft	883-3470 or 752-6565
Domestic Abuse National Hotline	800-799-7233
DOVES (Domestic Violence Education & Services) (Now SAFE Harbor) PO Box 497, Ronan.	676-0800 or 883-3350
Experience Works	406-543-2300
Eye/Low vision –glasses recycle—Lions Club of MT Polson—Julia Manley	800-601-5004 883-5413
Eye/low vision – Older Blind Program, Missoula	329-5400
Flathead Reservation Extension Office	275-2700
Hearing Center, St Luke's, Ronan	528-5234
Heart Association (Lake County)-Becky Vergeront, Polson	883-4771
Helping Hands , Polson	883-8256
Lake County Board of Housing, Ronan	676-5901
Lake County Clerk of Court (to obtain passports), Polson	883-7254 or 883-7256
Lake County Extension Office, 300 3rd Ave, Ronan	676-4271
Lake County Office of Public Assistance, 826 Shoreline Dr, Polson	883-7820
Lake County Transportation Advisory Committee (TAC), Polson, Lyn Hellegaard	327-8707
Medicare Fraud reporting line, SMP Program	800-551-3191 or 883-7284
Medicare Information-Best time to call 8am thru 10am or after 4pm	800-633-4227
Mission Mountain Enterprises-Job Rehabilitation, 330 Main St., Ronan	676-2563
Mt Board of Housing, 836 Front St., Helena	406-841-2840
Mt Consumer Protection Office, 1219 8th Ave, Helena	800-481-6896

Mt Dept of Commerce, Reverse Annuity Mortgages (RAM)	800-761-6264
Mt Fair Housing, 2522 S. 3rd Street, Missoula	800-929-2611
Montana Legal Services Association, Missoula	800-666-6899 or 543-8343
Montech (Technology Related Assist. Program for those with disabilities)	243-5751
NARCS Anonymous	800-990-6262
National Health Information	240-453-8280
Social Security-National Toll Free Line.....7am to 7pm	800-772-1213
-For residents north of Polson, Kalispell	888-487-0150
-For residents in Polson and south, Missoula	866-931-9029
Mt State Health Insurance Assistance Program (SHIP)	800-551-3191 or 883-7284
Mt State Insurance Commission	800-332-6148
SAFE Harbor, Ronan	883-3350 or 676-0800
Summit Independent Living Center, Inc. (Assists people w/ disabilities)	
Susan Morris, 700 SW Higgins, Ste 101, Missoula	728-1630 or 800-398-9002
Scott & Michelle Williamson, 124 Main St. Ronan	406-215-1604 ex 3 or 866-230-6936
Tribal Health Addiction & Treatment	745-3525
Tribal Nutrition & Commodity Programs, St. Ignatius, Renee Pierre	275-2700 ext 1063
Tribal Voc. Rehabilitation. Director/Cash Assistance. Case. Mgmt. Arlene Templer	275-2700 ext 1038
VA – Montana Veterans Affairs – Roxanne or Andrea	542-2501
Veterans Administration-general information	800-827-1000
Veterans Administration-Fort Harrison, Helena, MT	442-6410
VFW of Ronan—Marrion for applications & transportation	676-5652
Working Innovations, 414 D 1 st St. E, Polson	883-6717 or 883-6718

TRANSPORTATION

Cheerful Heart (cancer patients)	
CSKT Transit, Pablo—(serving all residents of Flathead Reservation)	675-2700 ext 1030 or 1360
Lake County Council on Aging (bus or medi-car), Ronan	676-2368
Medicab Transportation Center (Medicaid approved) between 7 am & 7 pm Mon-Fr	800-292-7114
Polson Sr. Citizen Bus, 9 am-3 pm Mon-Fri	883-4735
South Lake Taxi—Dennis Orr	883-9220
VA Transportation (Lake Co)	1-406-207-1496
Veterans Transportation Network	1-800-332-6625

LEGAL SERVICES

Lake Co. Council on Aging, Ronan (limited legal information)	676-2367
Mt Legal Services, 304 N. Higgins, Missoula	1-800-666-6899
Senior Legal Services (questions)	1-800-551-3191 or 883-7284

VOLUNTEER OPPORTUNITIES

Senior Medicare Patrol (SMP)	883-7284
Foster Grandparent Program	883-7284
RSVP	883-7284
State Health Insurance Assistance Program (SHIP)	883-7284

Senior Echoes is published quarterly. The resource list for individual counties is updated yearly and appears in the following issues:

- Winter—Sanders County
- Spring—Lake County
- Summer—Mineral County
- Fall—Lincoln County

At any time during the year you can call us for info on resources in the other counties.

1-800-266-4188

Western Montana Area VI Agency on Aging, Inc.
110 Main Street, #5
Polson, MT 59860
Phone: 406-883-7284
1-800-551-3191
Fax: 406-883-7363
Email: infoline@area6aging.org
Web Site: www.westernmontanaagingservices.org

NONPROFIT
CORPORATION
U.S. POSTAGE PAID
POLSON, MONTANA
PERMIT #268

CHANGE SERVICE REQUESTED

Think Spring!

If you would like to make a **tax deductible** donation to help us continue providing services to seniors and those with disabilities please send it to:

Western Montana Area VI Agency on Aging, 110 Main St. Suite 5, Polson, Montana 59860

If you would like to make a donation on a regular basis let us know and we will send you a reminder. You may also give a donation to Western Montana Area VI Agency on Aging, Inc. in the name of a friend or loved one for any occasion.

Call us at 883-7284 or 1-800-266-4188 if you need further information.

Western Montana Area VI Agency on Aging

Aging Service Help line: 1-800-551-3191 or 406-883-7284 or 1-800-266-4188

Information & Assistance

Advance Directives, Attorney Referral, Caregiver Options, Estate Planning, Housing, Home Maintenance, In-home Services, Long Term Care Planning, Nutritional Meals, Retirement Issues, Reverse Mortgages, Options Counseling, Powerful Tools for Caregivers Medicare/Supplemental Insurance, Commodity Supplemental Foods Program, Transportation

Long Term Care Ombudsman Service

Ombudsmen help residents of nursing homes, transitional care units and personal care facilities understand and exercise their rights to good care.

Volunteer Services

Preventing Medicare Fraud (SMP), State Health Insurance Program (SHIP), Foster Grandparent Program (FGP), Retired & Senior Volunteer Program (RSVP)